



Energize individually with fruits, vegetables, and physical activity.

HOW TO CHOOSE VEGETABLES AT THE GROCERY STORE AND FARMER'S MARKET

- **BOK CHOY**- Choose when firm, heavy, and free of yellowing leaves, splits, or soft spots.
- **BROCCOLI**- Choose compact, firm clusters of flower buds that are tightly packet and unopened and dark green.
- **CORN ON THE COB**- Choose corn with fresh looking green husks with tassels. Check cobs for worm damage. Choose ears of corn with small, shiny kernels in even rows for maximum sweetness.
- **CUCUMBERS**-Choose firm, green, and slender cucumbers with no soft spots or wrinkled skins.
- **RUTABEGAS**- Choose firm, smooth-skinned roots that feel heavy for their size with a waxy coating.
- **SUMMER SQUASH**- Choose crisp squash free of soft spots and wrinkled skin.
- **TOMATOES**- Choose plump tomatoes with no bruises.

How much fruit is needed daily?

Daily recommendation		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

How many vegetables are needed daily?

Daily recommendation		
Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups



Wisconsin 5 A Day Coalition

Mobilize those around you to make nutrition and physical activity more accessible in your community.

Recommended Websites on
"How To" increase Fruits and Vegetables:

www.5aday.com
www.5aday.gov
www.mypyramid.gov

Recommended Websites on
"How To" increase Physical Activity:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

For More Information:

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 WI Division of Public Health
 1 West Wilson Street, Room 243
 P.O. Box 2659
 Madison, WI 53701-2659
 (608) 267-9194
meineam@dhfs.state.wi.us

5-A-Day Table Tent Instructions

Fold the sheet in thirds and then fold over the left and right margins about ½ inch to tape together. The tree-sided document will then stand upright on its own.

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